

## AMENDMENTS TO THE SPECIFICATION

Please replace the title of the application with the following amended title:

### BOYANCY BUOYANCY RESISTANCE EXERCISE SYSTEM

Please replace paragraph [0001] with the following amended paragraph:

A1 [0001] Exercise systems, more specifically an exercise system using the ~~boyancy~~ buoyancy of a submerged ~~boyant~~ buoyant element as resistance for an "in water" exercise.

Please replace paragraph [0002] with the following amended paragraph:

A2 [0002] Proper exercise is necessary to maintain good health and for proper rehabilitation from injury. There are many forms of exercise, each with their own advantages and disadvantages. One disadvantage to traditional forms of exercise such as free weight lifting is the tremendous stress which it concentrates on the joints and bones of the user. For the elderly or infirm, focusing pressure on the joints may be debilitating. Often, in such cases, a water borne exercise such as swimming is beneficial. When one is at least partially underwater they enjoy the natural ~~boyancy~~ buoyancy of the body. Furthermore, exercise underwater, at least partially, will release stress on the participants joints.

Please replace paragraph [0005] with the following amended paragraph:

A3 [0005] A device for exercising when partially submerged in water. The device includes a dumbbell shaped floatation member for providing ~~boyant~~ buoyant resistance once submerged underwater. This dumbbell shaped member can accept extensions on either end thereof A second dumbbell member and a second pair of extensions is provided. A third component of the ~~boyancy~~ buoyancy system is a ~~boyancy~~ buoyancy member that would engage both dumbbell shaped members to provide for a barbell shaped device for submerging underwater and providing ~~boyant~~ buoyant resistance for the user to work against. The pairs of extension may be threadably engaged to either end of the barbell member.

Please replace paragraph [0006] with the following amended paragraph:

A4 [0006] FIG. 1 is an exploded view of elements of Applicant's ~~boyancy~~ buoyancy system.

Please replace paragraph [0007] with the following amended paragraph:

[0007] FIG. 1A is an exploded elevational view of a dumbbell of Applicant's ~~boyancy~~ buoyancy system with a pair of extension members for threadable engagement to the removed ends thereof.

Please replace paragraph [0015] with the following amended paragraph:

Q5 [0015] FIG. 7 is a videotape including instructions for putting together and using components of Applicant's ~~boyaney~~ buoyancy system.

Please replace paragraph [0016] with the following amended paragraph:

Q6 [0016] With reference to the figures it is noted that Applicant's provide a ~~boyaney~~ buoyancy resistance exercise system (10) for providing resistance to an at least partially submerged or water borne user. Applicant's system is typically comprised of at least two (2) primary components: ~~boyant~~ buoyant elements (12) and ~~boyant~~ buoyant element mounting members (14).

Please replace paragraph [00017] with the following amended paragraph:

Q7 [0017] ~~Boyant~~ Buoyant elements (12) are comprised of a material that has a specific gravity of less than one. Such a material will float on water. One such material is ETHAFOAM.RTM., a foamed plastic available from Don Chemical. In floating on the surface of the water material comprising a ~~boyant~~ buoyant element will displace a mass of water equal to the weight of the element. Force must be applied externally to submerge the element in the water. Further, a downward force must be applied to maintain the ~~boyant~~ buoyant element underwater. The force required to maintain the ~~boyant~~ buoyant element underwater is equal to the weight of the mass of the water displaced in submerging the floating element. Therefore, for any given material the greater its volume the greater the ~~boyaney~~ buoyancy force (force urging the submerged ~~boyant~~ buoyant element towards the surface of the water).

Please replace paragraph [0019] with the following amended paragraph:

Q8 [0019] Applicant's ~~boyaney~~ buoyancy resistance system is seen in FIG. 1 to have ~~boyant~~ buoyant elements (12), some defined or shaped to mimic dumbbells (16) that is, to have traditional enlarged dumbbell end masses (16A) joined by cross members (16B) for grasping with ones hand there between. Here, for example dumbbell (16) may be made from ~~boyant~~ buoyant element (12) such as foam or other lightweight floatable material that is shaped to have an extension or cross member (16B) between two (2) removed end portions, the extension having a length and diameter for easy grasping.

Please replace paragraph [0020] with the following amended paragraph:

Q9 [0020] A dumbbell, for example, may be grasped about the cross member (16B) while floating in water. The user may then force it underwater and work against the ~~boyaney~~ buoyancy force created by the submergence in doing a number of exercise motions such as curls, leg lifts, rowing motion, paddling motion, reverse curls etc. (See FIGS. 6A and 6B)

Please replace paragraph [0021] with the following amended paragraph:

A<sup>10</sup> [0021] Applicant's dumbbell and other boyant elements typically has an elongated central channel (16C), coincident with the longitudinal axis defined therein for snug receipt of boyant element mounting member (14), such as a length of PVC pipe, therein. Further, it is seen with reference to the figures that Applicant's boyancy resistance system (10) may include one or more extension members (18) which extension members also comprise ~~boyant~~ boyant element mounting members (14) as part thereof and which may include threaded engagement portions 14A (male and female) to threadable engage portions of the dumbbell or other elements of the resistance system (See FIG. 2). The ~~boyant~~ boyant elements mounting member (14) may be threaded PVC pipe, and any of the separate elements of the system may include the pipe or mounting member centrally located on a longitudinal axis thereof adhesively joined to shaped longitudinal cavity therethrough, with ends for threadable engagement to either the dumbbell or dumbbell joinder element (20).

Please replace paragraph [0022] with the following amended paragraph:

A<sup>11</sup> [0022] With referenced to FIGS. 1, 5A, 5B and 5C, It is seen now that Applicant's system includes dumbbells (16) with extensions (18) threadable or otherwise removably attachable thereto which dumbbells may be used separately and apart from other elements of Applicant's resistance system. However, the dumbbells may be joined together through a dumbbell joinder element (20) (See FIG. 1) which, like the other elements of the system, is comprised at least partially of a ~~boyant~~ boyant material that will float and therefor provide a ~~boyancy~~ boyancy force resistance to the user as well as ~~boyant~~ boyant elements mounting member(14) thereon. Also, a third dumbbell may function to join to other dumbbells (See FIGS. 5A-C). In FIG. 1 the dumbbell joinder element is seen to have ~~boyancy~~ boyancy element mounting member extending from paired opposed faces thereof for threadable joining the two (2) dumbbells to create a barbell (19). The barbell, here created by at least the joinder of dumbbells (16), one on either side of the dumbbell joinder element (20) may be grasped by the user by the placement of hands on the cross members (16B) of each of the two (2) dumbbells and used in barbell fashion for underwater exercise.

Please replace paragraph [0023] with the following amended paragraph:

A<sup>12</sup> [0023] It is seen also that Applicant's system may increase the underwater resistance created by the ~~boyancy~~ boyancy force with the addition of one or more extensions (18) to the ends of the barbell (19) created by the joinder of the two (2) dumbbells to the dumbbell joinder element (20). Also, the extensions may be placed between the centrally located joinder element and the two dumbbells so as to advst the width between the barbell users hands. It can be seen that Applicant's system allows the user to perform a variety of dumbbell or barbell exercises and to modify the ~~boyancy~~ boyancy force resistance created by the dumbbell or barbells by the appropriate addition of extensions.

Please replace paragraph [0026] with the following amended paragraph:

A<sup>13</sup> [0026] Thus, we have seen that Applicant provides in a ~~boyancy~~ boyancy resistance system the following:

Please replace paragraph [0029] with the following amended paragraph:

[0029] 3. Dumbbells with the capability of adding on extensions for increase ~~boyaney~~ buoyancy resistance.

Please replace paragraph [0030] with the following amended paragraph:

A 14 [0030] 4. A barbell capable of receiving extensions for increase for ~~boyaney~~ buoyancy resistance.

Please replace paragraph [0031] with the following amended paragraph:

[0031] 5. A foot or leg engaging element for ~~boyaney~~ buoyancy resistance to exercise legs.

Please replace paragraph [0032] with the following amended paragraph:

A 15 [0032] FIGS. 6A through 6C illustrate a user enjoining the benefits of Applicant's system, partially submerged in water. Here it is seen that either the dumbbells alone or joined to from a barbell (See FIG. 6C) may be moved underwater such that a component of the motion is downward (for movement against the resisting ~~boyaney~~ buoyancy force). Applicant's also provide a videotape illustrated here in FIG. 7, to provide instructions for assembly of the components of Applicant's system and also to provide examples of various exercises that may be done utilizing Applicant's novel system.

Please replace paragraph [0033] with the following amended paragraph:

A 16 [0033] While Applicant's system above has been illustrated using floatation elements having a mounting member, such as PVC pipe, it is also anticipated that Applicant's novel system may include elements molded with joiner elements integral therein. For example, a hard plastic waterproof shell may be molded with the air captured inside the shell to provide the ~~boyaney~~ buoyancy and with the shell including threaded male and/or female engagements extending from the outer faces thereof.